



PIYA TAN (b 1949) is a full-time Dharma teacher specializing in early Buddhism, and since 2002 has been making an annotated translation of the Pāli scripture. To date, over 40 volumes of the *Sutta Discovery* (about 180-200 A4 pages each) have been done and are freely available at <http://dharmafarer.org>

Past reflections and digital copies of *Simple Joys* and *Revisioning Buddhism* are available online at <http://dharmafarer.org>

If you wish to receive a weekly dose of *Simple Joys* reflection, please email to: dharmafarer@gmail.com

Simple Joys is a weekly series of reflections by Piya Tan, with the singular aim of inspiring us to look at the brighter side of life, to see our natural potential for inner and true happiness. At the same time, the reflections show that the Buddha Dharma, in its original teachings, is like the fresh air, and we need only to breathe it in, as we *feel* what we reflect on. The reflections are mostly in prose poetry, which is Piya's favourite style of presenting the Dharma in his writings. Piya often quips: "If someone comes to you with a personal problem, and you feel it is a little too heavy for you, pass that person a copy of **Simple Joys!**" These reflections also aim to make us happy, so that we go on to joyfully sit in meditation, and spread our lovingkindness to others.

Let us reflect the Dharma joy to all.

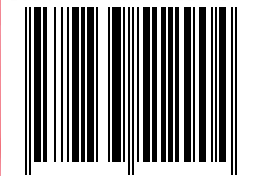


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Simple Joys

Some Choice Gems **1**

PIYA TAN

A good sense of direction in life is not found by looking outside, nor by looking up, nor looking down, but by looking within, by diligently making the journey to inner peace.

We need to give, forgive, forget, and forbear, each in its own time. Meantime, when life shovels dirt upon us, let us plant flowers and fruits.

As our inner happiness grows, we need less worldliness, less religion: we no more need any parent-figure or guru-figure, or any kind of power-figure.

Give what we cannot keep; get what we cannot lose. This is the beginning of Buddhist living and practice.

May I be at peace with what I cannot change, bravely change what I can, and wisely know the difference.